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Now open! Aurora Medical Center in Grafton

A urora Medical Center in Grafton opened for patient care on Monday, November 1, 2010. This state-of-the-art regional medical center brings fully integrated care to Aurora Health Care patients in Greater Ozaukee County. A successful community open house was held on Saturday, October 23, where thousands of guests were able to tour the medical center, learn about the services and meet physicians.

Conveniently located off I-43 at Highway 60 in Grafton, the medical center offers a full range of services and an environment designed for healing, confidence and comfort. Aurora and Aurora Advanced Healthcare physicians provide care for more than half of the residents in Grafton. The opening of this new medical center ensures that these patients will have access to all of the care they need, close to home.

Services offered at Aurora Medical Center in Grafton include:
- Aurora Advanced Healthcare orthopaedics
- Cardiovascular services
- Diagnostic and therapy services
- 24/7 emergency care
- Surgical services
- Neonatal intensive care
- Neuroscience services
- Women’s health
- And more

Features and benefits include:
- State-of-the-art, 107-bed hospital and attached medical office building totaling 520,000 square feet
- A modern, efficient design that emphasizes patient comfort and convenience
- All-digital diagnostics
- Comprehensive electronic health record system
- Aurora eICU® Care, providing an extra level of monitoring for intensive care patients
- Large, beautifully decorated private suites for labor, delivery, recovery and postpartum, with baths featuring whirlpool tubs or large walk-in showers
- Community conference rooms
- On-site physician offices
- Aurora pharmacy and gift shop
- Full-service café with patio
- A beautifully landscaped campus that preserves wetlands and other natural features

To learn more about Aurora Medical Center in Grafton or to schedule an appointment with a physician, visit www.Aurora.org/Grafton or call 262-329-1000.
Maximize your health with vitamin D
Your body will thank you

Vitamin D has received lots of attention in the news. While the debate over just how much our bodies need and the best way to get it continue, research offers exciting information on the benefits from maintaining higher vitamin D levels.

Vitamin D is a fat-soluble hormone that helps control and regulate more than 2,000 genes and proteins throughout the body.

Vitamin D has long been recognized for its ability to aid calcium in building stronger bones. Research now has proven that vitamin D also affects cell growth and programmed cell death, insulin production, the immune system, and neurotransmitters, such as serotonin, that influence your mental state.

When we don’t get enough vitamin D, it impacts every area of our biology, because it affects the way our cells and genes work. Osteoporosis, heart disease, hypertension, autoimmune diseases, certain cancers, depression, chronic fatigue and chronic pain all have been linked to vitamin D deficiencies. That is not to say these illnesses are caused by the deficiency, nor that vitamin D supplements will cure these illnesses, but only that low levels of vitamin D will result in the body working far below its potential.

D Deficiency
Vitamin D is one of the few nutrients that our bodies can actually produce, yet it’s estimated that up to 77 percent of Americans are vitamin D deficient.

Our bodies naturally manufacture vitamin D when the skin is exposed to direct sunlight. The threat of UV rays and skin cancer has limited most sun bathing habits and contributed to lower vitamin D levels. While good dietary sources, including fortified milk and cereal, eggs, salmon, tuna, mackerel and sardines, are available, it isn’t easy to get enough vitamin D in your diet.

Requirements increase with age because older skin produces less vitamin D. With ongoing research, many experts are urging government officials to raise the recommended daily doses to at least 1,000 IU for all adults.

The easy solution
It isn’t often that nutrition experts recommend getting a vitamin from a pill rather than food, but vitamin D is the exception. According to experts at Aurora Pharmacy, supplements are the easiest, cheapest and safest way to make sure you’re covered.

There are two forms of vitamin D available, D3 and D2. Vitamin D3 is the most widely recommended form, because it’s what your body naturally manufactures.

Talk to your doctor or pharmacist about how you can boost your vitamin D levels and improve your body’s potential for living healthier. For a wide selection of vitamin supplements, including vitamin D, visit your local Aurora Pharmacy. For a location in your neighborhood, call 888-973-8999 or visit www.AuroraPharmacy.org.

How Medicare covers self-administered drugs given in hospital outpatient settings

Medicare Part B (medical insurance) generally covers care you get in a hospital outpatient setting, such as an emergency department, observation unit, surgery center or pain clinic. Part B only covers certain drugs in these settings, such as drugs given through an IV (intravenous infusion). Sometimes, people with Medicare need “self-administered drugs” while in hospital outpatient settings.

See Medicare on page 5
Aurora eICU® Care: Saving lives, adding peace of mind

When Audrey visited her husband who was in the intensive care unit, she felt at ease when the nurse was in the room knowing that he was in good hands. Audrey was very concerned though, since neither she nor the nurse could be in the room at all times providing him constant care. What happens when a nurse isn’t there? What if he needs something? These are questions that are answered easily – the Aurora eICU Care (electronic intensive care unit).

Implemented in 2004, Aurora eICU Care was the first of its kind in Wisconsin. Intended to save lives and decrease costs, Aurora eICU provides an additional layer of care for Aurora ICU patients. This added layer of off-site care, when integrated into the care at the bedside, has proven to be very successful. Since the introduction of Aurora eICU Care, there has been a measurable decrease in mortality, consistent improvement in treatments that decrease complications and shorten hospital stays. These improvements lead to reduced costs and added peace of mind for patients and families.

**How does Aurora eICU Care work?**

The off-site intensive care clinicians work closely with the bedside team to support the managing physician’s plan of care. Aurora eICU clinicians are in close contact with the bedside caregivers, including physicians and nurses, to assure that the plan of care is appropriate for the patient’s changing needs. Aurora eICU links expert doctors, nurses and pharmacists, to each ICU patient in all of Aurora’s hospitals. The off-site intensive care clinicians, along with the bedside team, monitor and care for an average of 150 ICU patients 24 hours a day, seven days a week.

Aurora eICU Care technology provides the off-site clinicians a constant stream of information, including vital signs, laboratory data and current medications and treatments. The system is designed to detect subtle changes in a patient’s condition and alert caregivers before complications occur. High-quality cameras and audio equipment are also installed in each ICU patient’s room, allowing the Aurora eICU off-site clinicians to make visual assessments of a patient’s condition and provide instantaneous communication in real time with physician and nurses on site. Because a patient’s condition can change rapidly, this extra set of eyes provides an added layer of care by detecting early warning signs and making timely changes to the patient’s plan of care, keeping a patient stable and out of danger.

As Aurora continues its quest to provide the best care possible, the Aurora eICU Care will continue to play a role in saving lives, decreasing health care costs and keeping patients safer. In addition, our hope is that this extra layer of care will bring added peace of mind to some of our sickest patients and their families. To learn more about Aurora eICU Care, visit [www.Aurora.org/AboutUs/eICU](http://www.Aurora.org/AboutUs/eICU).
Computer vision syndrome is the name given to eye problems caused by prolonged computer use and encompasses many different symptoms, disorders and treatments.

Symptoms Include:

- Headaches
- Loss of focus
- Burning eyes
- Tired eyes
- Double vision
- Blurred vision
- Neck and shoulder pain

According to the American Optometric Association, surveys show that the majority of health complaints among computer workers are vision-related and that computer eyestrain affects more than 70 percent of Americans who work on a computer on a daily basis.

Overworked muscles

Eye strain and fatigue with computer vision syndrome is due to the way eyes react to characters on a computer screen, which are made up of pixels – tiny points of light that don’t allow for the contrast and definition of printed materials. This lack of definition causes our eye muscles to waver between different levels of focus. Imagine how your arms would feel if you did bicep curls for hours on end. The continuous flexing of the eye muscles creates that same sense of fatigue during and after computer use.

Just as you would compensate for any sore muscle, once eyestrain sets in, people usually accommodate for their soreness in their eyes by adjusting their posture at the computer. Leaning forward, slouching or tipping your head back to look through the bottom portion of your glasses results in a sore neck, shoulders and back.

Aside from the physical discomfort you may experience from symptoms, computer vision syndrome can have a lasting effect on vision and may impact your work quality.

Shingles — A painful experience that may be prevented

What do I need to know about shingles?

Shingles is a painful skin rash. It can blister and usually presents in a band-like pattern. It is caused by the varicella zoster virus, which also causes chickenpox. After you have chickenpox, the varicella zoster virus hides in the nerve cells of your body and can reappear years later as shingles. Shingles is more common in patients who are age 50 and older, as well as in those with certain diseases or on medications that can decrease the immune system. However, anyone who has had chickenpox as a child can have shingles.

What are the signs and symptoms of shingles?

Shingles usually starts with unusual sensations, such as pain, itching or tingling in an area of skin or one side of the body. Within one to two days, a rash of blisters appear in a band-like pattern on one side of the body. Within three to four days, the blisters can become open sores and can get infected. These sores generally crust over within seven to 10 days. The rash generally disappears within three to four weeks.

Shingles is also associated with sharp, stabbing or burning pain. The pain can be extremely severe and continue for months to years after the shingles rash resolves; this is a complication of shingles known as postherpetic neuralgia.

How do you treat shingles?

Shingles is normally treated with antiviral and pain medications. They are used to stop the production of the varicella zoster virus and to help promote wound healing. Sometimes multiple medications are required to manage pain from shingles. If you have postherpetic neuralgia, you may be on pain medications for months to years.

Should I get the shingles vaccine?

If you're at least age 60, the best way to prevent shingles and pain associated with shingles is to get vaccinated.

See Easy on the eyes on page 7

See Shingles on page 8
"Self-administered drugs" are drugs you would normally take on your own. Part B generally doesn’t pay for self-administered drugs unless they are required for the hospital outpatient services you’re getting. If you get self-administered drugs that aren’t covered by Medicare Part B while in a hospital outpatient setting, the hospital may bill you for the drug. However, if you are enrolled in a Medicare drug plan (Part D), these drugs may be covered.

What you should know about Medicare drug plans (Part D) and self-administered drugs

- Generally, your Medicare drug plan only covers prescription drugs and won’t pay for over-the-counter drugs, such as Tylenol or Milk-of-Magnesia.
- Any drug you get needs to be on your Medicare drug plan’s formulary (or covered by an exception).
- You can’t get your self-administered drugs in an outpatient or emergency department setting on a regular basis.

Your Medicare drug plan will check to see if you could have gotten these self-administered drugs from an in-network pharmacy.

Since most hospital pharmacies don’t participate in Medicare Part D, you may need to pay up front and out-of-pocket for these drugs and submit the claim to your Medicare drug plan for a refund. Check with your hospital to see if they participate in Part D.

If possible, bring any drugs or a list of drugs you are taking with you to the hospital and show them to the staff. It helps the hospital staff to know what drugs you take at home.

For more detailed information on how Medicare covers self-administered drugs given in hospital outpatient settings, visit www.medicare.gov/Publications/Pubs/pdf/11333.pdf to view the “Medicare & You” handbook. You also can call Medicare at 800-633-4227.

No appointment needed for quick care of strep throat

You wake up in the morning. Your throat feels thick and your head feels feverish. Your instinct is to swallow even though you know the uncomfortable and painful sensation that is coming. It might be just a sore throat, but don’t rule out that it could be strep — especially since confirming a diagnosis and even obtaining a prescription for antibiotics is as easy as walking into your local Aurora QuickCare clinic.

Although strep throat in adults is less common than in children, adults can have greater difficulty dealing with the infection. Adults who leave strep throat untreated risk developing complications, such as tonsillitis, ear infection, sinus infection, kidney inflammation and even scarlet fever. Untreated strep throat infections also can lead to rheumatic fever, which can cause permanent heart-valve scarring.

The most common symptoms of strep throat in adults are a sore throat that quickly becomes very painful, high fever, inflammation and swelling of the throat, the presence of pus on the tonsils, and tenderness and swelling of the lymph nodes in the neck.

Some factors that can make you more susceptible to infection include a weakened immune system, lack of sleep and stress.

Get it diagnosed quickly

Aurora QuickCare clinics are your fast, convenient and affordable way to help yourself feel better, and also prevent the spread of this highly contagious infection.

You don’t have to make an appointment or suffer through the weekend without being treated.

You don’t have to wait in line at the emergency department while more critically ill patients are seen.

Our day, evening and weekend hours accommodate you and your schedule.

A typical visit to an Aurora QuickCare site takes an average of 15 minutes. Whether or not you are a patient of Aurora, you can walk in and be seen in the comfort of a private exam room. Our nurse practitioners and physician assistants are qualified to diagnose and treat medical conditions, and write prescriptions when needed. If your condition is determined to be more serious, you will be referred to your doctor’s office, an urgent care facility or emergency department.

Backed by Aurora Health Care’s complete network of physicians, facilities and services, Aurora QuickCare clinics offer the quality medical care you expect and deserve. And, most visits are covered by insurance, Medicare and Medicaid. Please present your card at visit.

And, don’t forget — as winter approaches — you can stop in for your seasonal flu shot at an Aurora QuickCare — no appointment needed.

To find an Aurora QuickCare near you, call 877-784-2502 or visit www.Aurora.org/QuickCare.

It’s not too late to get a flu shot

You still can benefit from getting a flu shot. The flu season runs until spring, with flu activity usually reaching its peak in February. So even if you’re vaccinated as late as December or January, you can still be protected.

Because the flu strains vary from year to year, an annual vaccination is recommended for all people at high risk for complications from the flu. This includes all men and women age 50 and older, as well as people of any age who have chronic medical conditions, such as asthma, diabetes and heart failure. This season’s vaccine protects against three different viruses, including the H1N1 virus that caused so much illness last season.

Talk with your doctor if you have questions or think there are reasons you should not get a flu shot. To find out where to get your flu shot:

• Ask your doctor.
• Call the Aurora Visiting Nurse Association’s Shoo the Flu & Pneumonia Too! hotline at 800-548-7580.
• Visit the Shoo the Flu & Pneumonia Too! website at www.Aurora.org/Flu.
Preserve your healthy vision
The following tips can help maintain eye health:
• Start with a comprehensive eye exam to rule out vision problems and update your eyeglasses prescription. Studies show that even small inaccuracies in your prescription can contribute to computer vision problems.
• Use proper computer eyewear to eliminate the constant refocusing effort that your eyes go through when viewing the screen.
• Reduce glare and harsh reflections on the computer screen by modifying the lighting in the room, closing window shades, changing the contrast or brightness of the screen, or attaching a filter or hood to the monitor.

• Consider other ergonomic aspects of your workspace, including posture, and make adjustments to minimize any muscle strain.

Aurora Vision Center provides comprehensive optometry, ophthalmology and optical services. Our specialists offer friendly, helpful service, quality products and value prices. Our highly trained opticians are skilled in assisting with all your vision needs, especially with computer vision syndrome. We have more than 10,500 frames to choose from and 10 convenient locations. Call 866-986-2777 or visit www.Aurora.org/VisionCenter to find an Aurora Vision Center location near you.

Get connected with Lifeline
In this age of instant communication, it is not just teenagers that are staying connected. Through the Aurora Visiting Nurse Association of Wisconsin, Lifeline® is helping individuals maintain an independent lifestyle while keeping them linked to medical help and their loved ones with just the push of a button.

Lifeline is a medical alert system designed to help older adults remain safe in their community. The simple device is worn as a pendant or wristband and allows the wearer to summon help with the push of a button.

Since January 2010, close to 3,000 people in the area have subscribed to the Lifeline service and the Aurora VNA response center has answered 18,561 calls. The Aurora VNA Lifeline team consists of 12 caring and dedicated professionals who are trained to access the appropriate care needed - quickly.

In a six-month period alone, 644 individuals received assistance in their home; many of them avoided hospitalization because of the timely care and early intervention they received by using Lifeline. They also were able to reduce unnecessary suffering and prevent complications.

Lifeline meets many diverse needs for individuals who want to remain living independently. For older adults, it may be the risk of falling. It’s estimated that close to 50 percent of seniors can’t get up from a fall without help. If immediate assistance is not available, they risk complications, such as pressure ulcers, dehydration, hypothermia and pneumonia.

Lifeline also provides rapid medical support for people with chronic health conditions, such as diabetes or Parkinson’s disease, and those with physical limitations due to paralysis or injury.

“We not only are serving the subscribers, but also their family members,” said John Hilmer, an installer with Lifeline. He often has heard from adult children of clients who express a sense of relief knowing that their parent has a reliable, easy and convenient way to get help when needed.

Aurora VNA also provides Lifeline with AutoAlert services, an enhanced medical alert system with automatic fall detection capabilities. It offers an additional level of protection that automatically calls for help when a fall is detected and the person is not able to push the button.

For more than 100 years, the Aurora Visiting Nurse Association has been offering what families need to provide for their loved ones. Personal support services, such as Lifeline, allow individuals to maintain their independence while staying connected to the assistance they may need.

For more information regarding the Lifeline program, call the Aurora Visiting Nurse Association at 414-290-5497 or visit www.Aurora.org/Services/VNA/Lifeline.asp.
Shingles from page 4

People with specific medical conditions or on certain medications should not receive the vaccine; speak with your doctor or pharmacist regarding such precautions.

Talk with your doctor if you are interested in getting the vaccine. They may be able to give you the vaccine in their office, however, many times, it is available only at your local pharmacy by specially trained pharmacists. Simply ask your doctor for a prescription for the vaccine and see if your pharmacy provides this service. Several Aurora Pharmacy locations now offer the shingles vaccine. They include:

- **Aurora Pharmacy at Aurora St. Luke’s Medical Center** 414-649-6930
- **Aurora Pharmacy at the Aurora St. Luke’s Physician Office Building** 414-649-6738
- **Aurora Pharmacy at Aurora St. Luke’s South Shore** 414-489-4600

Staff at these locations are available to answer your questions and also can refer you to other Aurora Pharmacy sites that offer the shingles vaccine.

**Does my insurance cover the vaccine?**

Medicare Part D (prescription drug Medicare) does cover the vaccine; copays vary by plan.

Coverage by private insurance companies varies. The best way to find out if the vaccine is covered is to call your insurance company and get the details.

**Resources:**

1. National Library of Medicine:  
2. Centers for Disease Control and Prevention (CDC): 800-311-3435  
   [www.cdc.gov/vaccines/spd%2Dvac/shingles/in-short-adult.htm](http://www.cdc.gov/vaccines/spd%2Dvac/shingles/in-short-adult.htm)
3. National Institute of Neurological Disorders and Stroke:  